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ABSTRACT

Noting that parenting is a responsibility people enter into with varying degrees of competence and confidence, this book offers parents information on children's developmental stages so that they may effectively address typical problems of childhood and adolescence. Following a brief introduction, the first chapter of the book discusses general concepts, such as myths about parenting children and adolescents, emotions and beliefs that interfere with effective parenting, and styles and stages of parenting. The second chapter presents information about communication and discipline. The next four chapters describe the characteristics of children and adolescents during the following specific stages of development: preschool (ages 2 through 5); middle childhood (ages 6 through 11); young adolescence (ages 11 through 14); and mid-adolescence (ages 15 through 18). Examples of typical issues and problems are accompanied by specific, practical suggestions for addressing these concerns. The final chapter concludes with information about several problems that are not necessarily uncommon but fall outside the realm of what most children and adolescents typically experience in the normal growing up process. The problems discussed are: attention deficit hyperactivity disorder (ADHD), suicide, depression, delinquent behavior, eating disorders, drug and alcohol abuse, sexual abuse, and cult involvement. Contains 67 references. (TJQ)

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